

Tupperware Shrimp

Serves 4

- 1 Tbsp. canola oil
- 1 onion, diced
- 1 red bell pepper, diced
- 1 green bell pepper, diced
- 3 cloves garlic, minced
- 1 (28 oz.) can diced tomatoes
- 1 bay leaf
- 1 tsp. cumin
- 1 tsp. chili powder
- 1/4 tsp. cayenne pepper
- 2 sprigs of thyme
- a few good dashes of hot sauce
- 2/3 cup rice
- 1-1/3 cup chicken broth
- 1 lb. shrimp, peeled and deveined

In a large sauté pan with a lid, heat the canola oil over medium heat. Add the onions, peppers, & garlic and sauté until the onions are translucent. Add the diced tomatoes and spices and simmer for a couple of minutes to combine the flavors. Season to taste with salt and pepper.

Add the chicken broth and bring to a boil before stirring in the rice. Cover and simmer until the rice is almost done. Season the shrimp with salt and pepper. About 2 minutes before the rice is done, stir in the shrimp and simmer until shrimp and rice are cooked.

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